

## Why is it critical to attend?

A well-designed and properly implemented Worksite Health and Wellness Strategy can create positive cultural and financial outcomes for any organization. Those Wyoming organizations investing in long-term strategies now will be the ones benefiting the most in the future.

**The workshop is only the beginning** – upon attendance and completion of this workshop – you and your company will have the opportunity to engage in 1:1 support and consultation from Professional Wellness Staff identified by the Wyoming Department of Health.

If you have a program in place – use this workshop to **fine tune** your activities, if you are just beginning the process – **attend and identify your next steps** to a healthier workforce.

## Who Should Come?

**Organization leaders and decision-makers.  
Human Resources or  
Benefits Directors, Office  
Managers and Wellness  
Directors.**

**Governmental Entities, School  
Districts, Higher-Education,  
Hospital Systems, Private  
Corporations, and Non-Profits**



2320 Zoo Drive, suite B  
Billings MT 59101

*Wyoming business leaders:  
You are cordially invited to attend*

# Worksite Wellness: A Concrete Approach

*Your attendance and participation is key to  
addressing the health and health costs of  
Wyoming individuals and organizations.*

**Spring 2010!**

**A collaboration between:**



**Wyoming  
Department  
of Health**

**Commit to your health.**



# Worksite Wellness: A Concrete Approach

This is a call to action from the Wyoming Department of Health! In collaboration with TwoMedicine and its experts in Worksite Health Promotion, we have created workshops to help your organization and people. With several convenient locations you can travel, attend & return home within your workday. A must attend-event for all Wyoming business leaders.

Kirk Keller, MS, CWPM

Worksite Health Promotion Expert and  
Consultant, Evaluation Specialist.  
TwoMedicine Health & Financial Fitness

Kirk D. Keller has 25 years experience in human resources, employee benefits and worksite health promotion. His health strategist services include consultation and support to employers engaging in worksite health promotion. Consultation includes; training, evaluation, data interpretation, risk identification, consumer engagement, communication and reporting. Kirk has directed numerous clients and their programs to levels of positive returns and award recognition. His experience includes service in industries such as finance, health care, mining, and higher education.



This 3 hour workshop will provide you the opportunity to:

- Create a plan of action and
- Define your evaluation steps
- Walk away with support from leading professionals
- A well workplace checklist
- Appointments for follow up from wellness experts
- A resources toolkit

**\$20.00 per person**

includes the 3 hour training  
(10am - 1pm), lunch, toolkit

BRING A SENIOR-LEVEL MANAGER AND  
GET ONE REGISTRATION FREE!

Limited to 30 participants per  
location so we ask for pre-registration.  
Registrations will be accepted only up  
to 5pm the night before each date.

**FOR QUESTIONS or  
PRE-REGISTRATION**

(you may call for credit card payment)

Contact Person:

Barbara Gledhill, Office Manager

1-888-582-9002

info@twomedicinehealth.com

[www.mytwomed.com](http://www.mytwomed.com)

## Registration Form

Name: \_\_\_\_\_

Organization Name: \_\_\_\_\_

Organization Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

E-mail address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Please return form and check payable to:

TwoMedicine Health & Financial Fitness  
2320 Zoo Drive, suite B  
Billings, MT 59101  
Or Fax To: 406-256-0335

### Indicate your choice of location

**Evanston February 9, 2010**  
Uinta BOCES #1 Education Center - Evanston

**Rock Springs February 10, 2010**  
Western Wyoming Community College Rm. 1309

**Jackson Hole February 11, 2010**  
UW Center for the Arts - OVN 2

Site specifics TBD—call for details! All workshops  
run 10am-1pm with a working lunch.